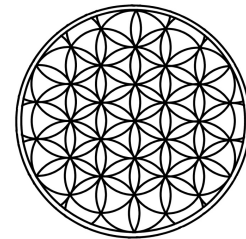




OPTIMAL SELF



NEWSLETTER

Challenges

Freedom Challenge- give up something for 30 consecutive days. (ie sweets, bread, tobacco, alcohol) If you miss a day, start over. You can also include a 10 minute flash meditation or Jungle 30 in this challenge.

Level 1: Jungle 30- 30 push-ups/30 air squats/30 sit-ups

Level 2: Jungle Split- this is similar to Jungle 30 except you're adding forward and reverse lunges and doing 20 reps instead of 30:

♦ 20 forward lunges/20 push-ups/20 air squats/20 sit-ups/20 reverse lunges

Level 3: Pyramid of Ascension-

Pull-ups/Dips/Bridge lifts

Sets of 5/6/7/8/9/10/9/8/7/6/5

OS Team Deals:

- ♦ August Birthday Massage Deal \$60 for 60 minutes and twins are only \$50 (reg. \$70) or \$90 for 90 minutes (reg. \$100) Contact Besouro Zagon at 207-619-1559 or zagonbesouro@gmail.com
- ♦ Personal Training with Mike Courts \$25 per session when you purchase 5 sessions or \$23 per session when you purchase 10 sessions with the first session free! Contact info 703-402-9724 or mrcourts14@gmail.com
- ♦ Buy 1 Massage get \$35 Off the 2nd Contact Bethany Hamilton 207-370-9705 or BHamilton.LMT@gmail.com (Cannot be included with any other promotion and

Local Hero: Joanna Kraft

Joanna has been a member at Optimal Self for years. She has represented as a guardian here, and did an amazing job holding space. Every season, Joanna and her awesome new hubby Brian, till the land and soil, and plant seeds and amazing gardens which supplies their community supported agriculture. Joanna is not just a farmer or a good guardian, she's a strong warrior. She represents good morals and virtues and how she interacts with others and lives her life. Thank you Joanna for the good you do in our community and helping us to eat healthy!

-Eric Hilton

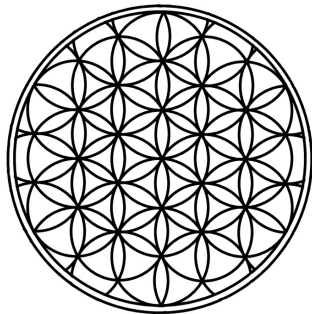


Member of the Month: Ivan Howard

Ivan Howard is a machine! Ivan is the beautiful partner of Ted, the owner of Up Portland- our local newspaper. For the past couple of years, Ivan has challenged himself in many ways including re-shaping his body, his mind, and his spirit! His positive light cannot be diminished by anyone in the room, and his determination and courage has already guaranteed the success in his life. Ivan has helped Optimal Self in our technological endeavors, assuring our connectivity with our computers in the Optimal Self's community. We can't thank him enough for the sacrifices he has given to us. Thank you, Ivan- keep that flame a burning!

-Eric Hilton

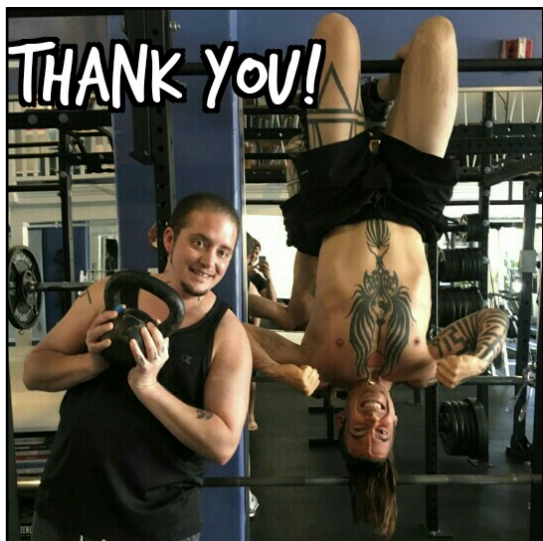




Welcoming new OS Team Members: We have 2 new members of our Team to welcome this month! Lynette Baker is a Guardian holding space here at OS and is in the process of getting her certification to become a Personal Trainer as well! Please also welcome Danielle Gagnon. She is a certified Personal Trainer as well as a Nutritional Therapy Practitioner. We are happy to have her as a part of the OS Team!

Outing Club: The Optimal Outing Club will be going to Mt. Washington on Saturday, August 19th. We will be meeting at OS the morning of, so please RSVP in advance on the sign-up sheet if you are interested in going. Friends and family are welcome to join! This is going to be a beautiful hike and Eric really wants to encourage you to join!

OS Charity Dance Party: Friday, August 4th, from 6pm to 11pm will be the next OS Charity Dance Party for all ages! There will be free food and refreshments, a light show, great sound system, gym raffles, and live performances! Come dance and support local charities. 100% of proceeds donated



Health Food Tip: Water

Did you know that you are like a big sack of water? That makes all the water you drink very important. That means, you need to drink enough of it. Water supports all the functions of everything you do; from processing food, keeping you hydrated, and cleansing out all the impurities that build up throughout your day. At Optimal Self, we drink alkaline water that keeps the beautiful garden of our cells fresh and balanced, instead of being extremely acidic and polluted. Water is one of the most sacred things that we put in our bodies everyday. Be grateful for the water you drink, bless your water, thank your water, drink your water all throughout the day, especially upon waking. Keep the color of your pee clear because if it's super dark and heavy, you're in trouble already... Hail water and the fact that we have clean water today to drink because unfortunately, a lot of people all over the world don't have this luxury. Water is love, so be love.

-Eric Hilton

Exercise of the Month: Bridge Lift

Do you know what bridge lifts are? Or maybe hip raises? Well, most people say no because bridge lifts engage the muscles of the posterior side of our body being the glutes (butt), hamstrings, and the lower back. Laying on your back with your knees bent at 90 degrees raise up your hips to the sky, fully engaging the connectivity of the 3 parts of your backside. Drop the butt back to the floor and continue up and down. Because we don't get to see our backside in the mirror or get to see it perform, we don't pay attention to it. So embrace the balance of your body by incorporating bridge lifts/hip raises in your weekly fitness routine. You may also try putting your feet on a bench or on the bosu ball flipped upside down to give you that extra love to the backside. Make sure you squeeze and feel the symmetry of both sides of your corresponding muscles. It may feel awkward or uncomfortable, because we aren't use to activating that part of our body but if you do them properly, they are very helpful for maintaining a strong body.

-Eric Hilton

Up Portland and West End News

Ted Fleischaker of Up Portland and Tony Zeli of the West End News are both committed members here at Optimal Self and they also share our message to the community. Below are links to there April publications, check them out online!

<http://www.upportland.com/> <http://thewestendnews.com>

